Vadym Graifer Bio

Born in Ukraine in 1961, Vadym Graifer graduated as a construction engineer and rose to a head of a private design and construction company during his country's transformation after the USSR collapse.

He immigrated to Canada in 1996 and lived for ten years in Manitoba before moving to B.C. In Winnipeg, Graifer turned to stock market trading and founded educational company RealityTrader, teaching private investors to manage their portfolio. He has been invited to numerous seminars across North America and the Caribbean as a featured speaker. Upon moving to Victoria, Graifer resumed his life-long hobby, taking photography on a semi-professional basis and launching photography website www.ArrestingLight.com. His photos won multiple contests and have been used by various advertising and tourism campaigns.

After publishing three books on stock market trading strategies, Vadym's writing took an unexpected turn. He embarked on a path to alter his diet and lose weight when he was diagnosed with diabetes at age 52. This highly successful journey saw him shedding 75 pounds and trimming 8 inches off his waist. In **The Time Machine Diet** (RTS 2016) he describes his methodologies to reverse diabetes and hypertension with better food instead of medications. His http://TimeTravelDiet.com website provides a follow-up to the book with supporting articles and recipes.